

Australian Jujitsu Federation

Incorporated

ABN 16 261 432 101

www.jujitsu.com.au

RULES AND CODES OF CONDUCT

Sun Smart Policy

(slip-slop-slap-seek-slide)

Adopted 30th March 2018

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A. POSITION STATEMENT

Recognising training will in most circumstances be conducted indoors the Australian Jujitsu Federation (AJF) is committed to the promotion of appropriate Sun Protection whenever activities are held outdoors.

B. GENERAL

The Australian Sports Commission has advised their support for the recommendation of the House of Representatives Standing Committee report on its Inquiry into Skin Cancer in Australia which stated "The Committee recommends that national sporting bodies and associations which engage in outdoor activities adopt sun smart policies ... "and has created a register of sun smart policies adopted by NSOs.

Cancer Council Australia advises the sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

Sunburn and other UV damage is common while playing or watching sport when people are exposed to the sun's UV radiation for long periods of time.

This policy is in support of the recognition that all member and associate member schools have a duty of care to both their members and to spectators.

C. PROCEDURE

Member and Associate Member Schools should:

- a) provide or encourage coaches, participants and officials to wear appropriate sun protective clothing during training sessions, covering as much skin as possible [Slip Slap]
- b) promote the use of SPF30 (or higher) broad-spectrum, water-resistant sunscreen. If possible, consider having a supply on site [Slop]
 - a. Participants should be encouraged to apply sunscreen 20 minutes before training and to reapply every two hours or immediately after sweating.
 - b. Sunscreen should be stored below 30°C and replaced once it is past the use-by date.
 - c. Participants to be encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
 - d. If handling practice weapons, ensure palms are not slippery.
- c) promote use of the sun protection times by adding the SunSmart widget or a link to MyUV on the school's website <http://www.myuv.com.au/> ... SunSmart <http://www.sunsmart.com.au/>
- d) schedule training times, competitions and outdoor events outside the daily sun protection times when possible – especially those normally scheduled for the middle of the day
- e) promote sun protection habits/practices during the training or event - download the Sun Sound Jingle
- f) plan and provide shade and encourage players and spectators to take advantage of shade from buildings and trees - conduct a shade audit [Seek]
- g) encourage players and spectators to come to events with appropriate clothing / uniform [Slip], sunscreen [Slop], shade [Seek], hats [Slap] and sunglasses [Slide] - even when snowing
- h) encourage coaches and officials to be sun protection role models.